

# You and your baby at 12 weeks pregnant

## Your baby at 12 weeks

Just 12 weeks after your last period, the foetus is fully formed. All the organs, muscles, limbs and bones are in place, and the sex organs are well developed.

From now on, the baby has to grow and mature.

It's too early for you to be able to feel the baby's movements yet, although they'll be moving quite a bit.

## You at 12 weeks

You might notice you're a bit constipated. Not everyone gets constipation in pregnancy, but it's fairly common and can make you feel uncomfortable.

[Find out about common health problems in pregnancy.](#)

You may feel stomach pain or cramps from time to time. These are usually nothing to worry about, and can be caused by constipation, wind or your ligaments growing as your womb gets bigger.

But if you have stomach pain that does not go away, is severe or you also have bleeding or other symptoms, you need to see your midwife or doctor.

[Find out when to get help for stomach pain in pregnancy](#)

## Things to think about

Make sure you find out about all the [health things you should know when you're pregnant](#), such as stopping smoking, avoiding alcohol, getting exercise and having a healthy diet.

Antenatal screening tests are offered by the NHS in pregnancy to check if a baby has a higher chance of having a health condition, such as Down's syndrome. It's up to you whether to have screening tests or not.

[Find out what antenatal screening is and what's involved](#) to help you decide what's best for you.

Sometimes [antenatal screening tests find something](#) to indicate your baby has a higher chance of having a health condition. You'll receive support and advice from your midwife or doctor if this is the case, and they'll discuss your options and next steps with you.

You can start thinking about where you'd like to give birth – at home, at a birth centre or in hospital. Your options will depend on your circumstances and what's available in your area.